

Tarlac newspaperman shot dead in his jeep by armed men

Call center employee shot in the head by cellphone thieves in Pasig

Makati judge picked to handle Subic rape case vs US Marines

Body of missing Filipina found; death toll now 58



Stars to 'fall like rain' midnight of April 21

By Blanche S. Rivera
IT MAKES NO DIFFERENCE who you are. Soon, opponents of President Macapagal-Arroyo may have been eating for nearly a year for certain things to happen, can make all the wishes they want.

STARS AS

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Tuesday, April 4, 2006 ** 4 sections / Vol. 21 / No. 117 P18 www.inquirer.net

SC decision clears way for Vizcaya mining project

By Arnold K. Nolasco, Christine Gayacan and Blanche S. Rivera
AN AUSTRALIAN MINING COMPANY HAS WON a legal challenge that had held up a copper-gold mining project in the country for more than a decade.

SC DECISION A17

Comelec fund lack may derail Cha-cha

By Philip C. Tubala, Christine G. Avenido and Jerome Ailing

THE CHARTER CHANGE TRAIL of the Arroyo administration via a people's initiative may not reach its destination because of financial and legal obstacles, according to a senior official of the Commission on Elections.

Election Commissioner Romualdo Borneo yesterday said the Comelec finance services department had contacted them regarding the question for the people's initiative alone would cost P3 billion, while a plebiscite on any proposed amendment would cost P2.5 billion.

At a Senate hearing, Borneo told the poll body that no budget for the referendum process, adding that many of its employees were working the signatures without getting paid.

He also said the Comelec would need "not less than six months" to prepare for a plebiscite.

"You know, Your Honor, an adequate preparation for any political exercise nationwide to scope that task) can take more than six months," Borneo said.

Asked by Sen. Rodolfo Biazon about Speaker Jose de Venecia's claim that a new constitution could be in place by July 15, Borneo said, "That is impossible, Your Honor."

De Venecia earlier said for verification of signatures would be completed by April 15 so that a plebiscite could be scheduled for June to carry the shift to a presidential form of government.

He said an "interim parliament" would be convened solely to oversee the process of amending the Constitution.

Signer of House, a coalition of 180 voters and congressional organizations, has claimed that it has collected more than 6 million signatures—over 12 percent of the total number of registered voters.

COMLEC A4

Borra says cheating marred 2004 polls



ELECTION Commissioner Romualdo Borneo (right) and management consultant Horacio Balleja (left) watch Prime Secretary Ignacio Buncas reveal the existence of the "Hello Gavel" deal in a video screen during the Senate inquiry on the widespread cheating during the 2004 election.

Fraud not 'massive,' Senate body told

By TJ Benerias, Philip C. Tubala and Ed C. Cabanogian Jr.

NEARLY TWO YEARS after the 2004 balloting, the Senate yesterday heard testimony from an election commissioner that cheating had occurred during the polling and from analysts who claimed that after the "Hello Gavel" phone calls, the votes for President Macapagal-Arroyo's nearest rival dwindled.

Election Commissioner Romualdo Borneo, testifying before a Senate committee looking into the widespread vote-buying, admitted that while the balloting was marred by irregularities, he did not think there were close to a "massive" vote.

It was the first time that a Commission on Elections official acknowledged that there might have been cheating during the balloting, but there also stressed that not all votes were bought. "I was not close to any party or candidate alone. It was endemic," he later told reporters.

Whether in the Comelec or political parties or candidates, even in our own internal arm, there are failures," Borneo said in his opening. When he said that Justice had hanged himself, Sen. Rodolfo Biazon countered, "If we believe that standard, do we have enough report?"

Borneo related, "They can jump from cell buildings and shoot themselves in the chest."

BORR A4

IN THE KNOW

Comelec verification of signatures

THE PROCESS OF VERIFICATION OF SIGNATURES is the following target:

• City or municipal election registrars verify signatures submitted to them in relation to the people's initiative for amending the 1987 Constitution. The signatures don't have to be accompanied by a request for verification.

The verification process involves checking whether the signatures are really registered voters in a particular locality, and matching the signatures against those in the voters' registration record.

The Commission on Elections' Election Records and Statistics Department is in charge of verifying the number of registered voters in each legislative district.

• After verification by each city or municipal election registrar, the list of signatures will be referred to the precinct. The verified list will then be affixed to the poll list, which will then be filed at the Comelec's main office.

IN THE KNOW A4

Thai PM considers quitting after poll protest vote

BANGKOK—THAI PRIME MINISTER Thaksin Shinawatra said on Monday he would step up a group of cabinet members to seek a way out of the country's political crisis, and would quit if the group recommended he do so.

"My plan is to set up an independent commission... to try to find a way out of the deadlock,"

Thaksin said in a television interview a day after Thai voters gave him a major step in the race in a snap election, then failed to resolve a months-long crisis.

"If this committee tells me to resign, I would obey," he said.

Thaksin said he was willing to set up a neutral committee composed of three former prime min-

isters, three former Supreme Court justices and three former heads of Parliament to represent different points of view in the crisis, which revolves around demands by his critics that he step down because of alleged corruption and abuse of power.

But he said his political opponents rejected the creation of

such a committee, he would cry out against Parliament and lose a new government.

Thaksin said that his party gained more than 50 percent of the popular vote in Thailand's recent election, although it now must deal with less than 40 percent of the vote.

Thaksin had vowed before the

poll to step down if his party achieved less than 50 percent of the vote's vote. A Thai television station's own tally of the vote earlier Monday had indicated that his Thai Rak Thai-Thai Love

Thai party had received 54.4 percent of the popular vote nationwide in Sunday's poll.

THAI A4

Triplets in 2-3-4 finish

By DJ Yap

MESSAGES CAME IN THIRDS for the pupils of 15-year-old triplets Garmon, Garmod and Garmol.

On April 1, the boy-marched-one after the other—on information, first honorable mention and second honorable mention at their graduation at the Peninsula Bernardo High School (PBHS) in Cabanatuan City.

In their class of 278 students,



TRIPLE SCORE: The triplets (from left) Garmon, Garmod and Garmol display their medals for finishing second, third and fourth in the graduating class of Peninsula Bernardo Elementary School in Quezon City.

Filipino wins int'l horror film festival

By Rapal San Diego Jr.

Entertainment

ANOTHER FILIPINO FILM—OF THE HORROR genre—opened victory in Manila.

Yan Linares' "Sugat" won the Gold Award at the 24th Fukuoka International Festival of Fantastic Film (SFFFF), held in Fukuoka on March 24-25.

Linares, who directed and co-wrote the movie, is in Manila working on a TV commercial. He learned of the good news only after reading about it on the website of Variety, a Hollywood trade paper.

The SFFFF is "considered the world's biggest festival of horror, fantasy, and science fiction films," Linares told the Inquirer.



"SUGAT" director Yan Linares

REPORT A11

A red Honda Civic sedan is shown from a front-three-quarter perspective. The car features a prominent chrome grille with the Honda emblem, large headlights, and a black license plate that reads "CIVIC". The background is a solid yellow color.



*Clave: 205~L

New Books	
Book of David, by David J. Reardon	160 pp., 1980, \$10.95, 14.95, 19.95
Book of David, by David J. Reardon	160 pp., 1980, \$10.95, 14.95, 19.95
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Number of people	10, 20, 30, 40, 50, 60, 70, 80, 90, 100
Number of people	10, 20, 30, 40, 50, 60, 70, 80, 90, 100
Number of people	10, 20, 30, 40, 50, 60, 70, 80, 90, 100
Number of people	10, 20, 30, 40, 50, 60, 70, 80, 90, 100

Keywords: *work, stress, coping, organizational commitment, organizational citizenship behavior*

Aluminum Sulfate (lb)	38.54	385	3850000	3850000	3850000
Aluminum Hydroxide (lb)	25.46	2546	2546000	2546000	2546000
Aluminum Hydroxide (lb)	50.92	5092	5092000	5092000	5092000
Aluminum Hydroxide (lb)	76.38	7638	7638000	7638000	7638000
Aluminum Hydroxide (lb)	101.84	10184	10184000	10184000	10184000
Aluminum Hydroxide (lb)	127.30	12730	12730000	12730000	12730000

State	Year	Population	Population Density	Population Growth
Alabama	2000	3,000,000	50/sq mi	1.5%
Alaska	2000	600,000	1/sq mi	0.5%
Arizona	2000	3,500,000	20/sq mi	2.5%
Arkansas	2000	2,500,000	30/sq mi	1.0%
California	2000	33,000,000	160/sq mi	1.0%
Colorado	2000	3,500,000	30/sq mi	1.5%
Connecticut	2000	3,500,000	1,200/sq mi	0.5%
Delaware	2000	800,000	1,800/sq mi	0.5%
Florida	2000	15,000,000	120/sq mi	1.5%
Georgia	2000	4,000,000	60/sq mi	1.5%
Hawaii	2000	1,000,000	200/sq mi	0.5%
Idaho	2000	1,500,000	20/sq mi	1.5%
Illinois	2000	12,000,000	220/sq mi	1.0%
Indiana	2000	6,000,000	180/sq mi	1.0%
Iowa	2000	3,000,000	70/sq mi	1.0%
Kansas	2000	3,500,000	30/sq mi	1.0%
Kentucky	2000	4,000,000	60/sq mi	1.0%
Louisiana	2000	4,500,000	60/sq mi	1.0%
Maine	2000	1,300,000	120/sq mi	0.5%
Maryland	2000	5,500,000	300/sq mi	0.5%
Massachusetts	2000	6,000,000	1,200/sq mi	0.5%
Michigan	2000	9,500,000	180/sq mi	1.0%
Minnesota	2000	5,000,000	70/sq mi	1.0%
Mississippi	2000	3,000,000	60/sq mi	1.0%
Missouri	2000	5,500,000	70/sq mi	1.0%
Montana	2000	1,000,000	10/sq mi	1.0%
Nebraska	2000	2,000,000	30/sq mi	1.0%
Nevada	2000	2,500,000	20/sq mi	2.5%
New Hampshire	2000	1,300,000	120/sq mi	0.5%
New Jersey	2000	8,500,000	1,200/sq mi	0.5%

ER



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*Civic 2.0i

Thai PM considers quitting after poll protest vote

By Ananya A.
BANGKOK, April 3 (UPI) — Prime Minister Chuan Leekpai, 66, said he would not resign after his party lost a narrow election in Thailand's April 19 general election. The Bangkok-based leader said he would continue to lead his party, the Democrat Party, which lost to the opposition Thai Rak Thai Party.

Thaksin, speaking to journalists after the election, said his party received 15 million votes in national elections, down from 17 million in last year's election.

Thaksin has frequently used the word "quit" in his past years, but he has never done so voluntarily. In last year's election, he was accused of using the word to pressure voters to vote for him.

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SC decision clears way for mining project

By Ananya A.
MANILA, April 3 (UPI) — The Supreme Court (SC) has ruled in favor of a mining project in Mindanao, clearing the way for the project to proceed.

The SC decision was a landmark ruling, as it was the first time the court has ruled in favor of a mining project.

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Philippine wins int'l horror film festival

By Ananya A.
MANILA, April 3 (UPI) — A Philippine horror film has won the top prize at an international film festival in Manila.

The film, "The House of the Living Dead," won the Best Horror Film award.

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Triplets in 2-3-4 finish in QC public high school

By Ananya A.
MANILA, April 3 (UPI) — Three identical triplets won the top three prizes in a public high school competition in Quezon City.

The triplets, who are 12 years old, won the first, second, and third prizes.

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Ship with 19 Pinoys hijacked

12 pirates boarded oil tanker off Somalia

MANILA (PUNP) - A DOZEN REPORTEDLY-armed pirates have hijacked a 2,600-ton oil tanker along with 19 Filipino crew members off the coast of Somalia, an international piracy watchdog said Monday.

"These pirates armed with machine guns, AK-47 rifles and submachine guns, boarded the tanker off the coast of Somalia," said a spokesman for the United Nations Maritime Security Center of the London-based International Maritime Bureau (IMB).

On Monday, the United Arab Emirates said it had not yet discharged its cargo at Mogadishu port and was still on March 27 after leaving port.

Maritime officials identified the ship as "Tan 1," saying that the pirates are holding the ship off the coast of Somalia and are demanding "a huge sum of money" for the release of the crew.

The international maritime force, consisting of US, British and Dutch warships that are helping to police the area, have been informed of the latest hijack, it said.

On Monday, the pirates were holding the ship inside Somalia's territorial waters and the world gave a positive chance the ship would be released.

On March 15, 2005, pirates have hijacked 40 ships off Somalia but many more attacks have gone unreported, he said.

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THE PHILIPPINE "K9" is up during the graduation from the Coast Guard K9 Academy, Court of the Manila North Harbor Monday.

19 grads going straight to work from K9 school

By Lela B. Salaverde

WITH SECURITY IN MANY PARTS OF THE country "going to the dogs," these new grads are used and ready about employment.

Indeed, this class is a different breed. Graduated from the Philippine Coast Guard's K9 Academy, these 19 graduates are the first of the Philippine Coast Guard's K9 Academy and the first human partners are now faced with the task of working the country's ships and waters during the life of a public servant.

The dogs, which look like the real thing, are trained in explosives and narcotics detection, will be deployed to the PGC's 19 districts nationwide after their graduation Monday.

"They will represent the PGC's 19 dogs that will be deployed to the 19 districts nationwide after their graduation Monday."

"We have prepared them for the life of a dog because we want them to be ready at the point they had their on-the-job training during the 16 weeks of the K9 Academy."

Of course, when the dogs go on to do their human handlers, since the man work is not just the dog's job, but the handler's job.

According to the handlers who graduated as well and work dogs in Mark VI uniforms, PGC members who trained with the dogs, said that the dogs are not just the dog's job, but the handler's job.

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Lela, a Mark VI uniform, stepped out a piece of luggage in the parade ground that contained explosives, citing her role in the training when he had been. The handler, Lela, said that the dog's job is to sniff out the explosives when he had been. The handler, Lela, said that the dog's job is to sniff out the explosives when he had been.

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Source: Annual Report of the Insurance Commission for the year 2005

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ENTERTAINMENT

Special Double-Inquirer and SunMag (Pricing: P100) (Circulation: 300,000)

Editor Enniss G. Velasco



"Eat... Bulaga!" hosts Tim Allen and son, brothers Tim and Tim Allen

'No ulterior motive' for 'Eat Bulaga' bash

By Marshall R. Cox

AFTER WHAT HAPPENED TO me, I realized that life is fleeting. We're all just passing through. I then realized who my real friends are," said Telewest and Production Experiences Inc. (Tape) president Tully Tullio, who underwent a successful heart bypass surgery last year.

Tape is the producer of the country's longest-running late-night show "Eat... Bulaga!" on GMA 7. The company recently hosted a lavish thanksgiving party for members of the entertainment press, giving away millions

of pesos worth of cash and other prizes.

Tullio continued: "Thank to myself, all this would not be possible without the help of the entertainment media. I told my wife, we've been working with them for 20 years, why don't we go back to them."

That night at the 30 Studios in Pinoy City, writer Melly Ruffa won a cash prize of P20,000 in the "Ladies in Stone" contest. Ginebra's Jumbo Jumbo won a total of P10,000 in the "Bingo Bango Bango" segment.

Four winners brought home P25,000 each: Ruffa won P20,000, Tullio, P10,000, and eight P2,000. During the program, 30 call phones were given away, as well as 11 Nikon and Olympus digital cameras and 20 Maple King Christmas microphones.

All the hosts of the evening show, except for Jody Jo Lavee—who had flown to the United States earlier in the day—celebrated the media in a better dinner that started at 7 p.m. Tape mentioned also problems for production. "Video Check-Up" also might clash with the reports.

An under-the-table production (UTP) about the beginnings of "Eat... Bulaga!" was shown at the

'We never said it was original'

WE NEVER CLAIMED IT WAS AN original concept, then, the only way, we said the movie was inspired by 'Halloween in Time,' the just presented it is a success due

the Filipino audience would like to see."

This was the reaction of GMA Network Vice President Antonio Chua Alegre to critical reports that the

plot of 'Halloween in Time,' now in theaters, had been copied from the Korean film 'Halloween in Time.' According to the reports, "We never said it was original."

WE REPORTED



PHOTO: N. Jansy Santos and Tony Ben-Gedim

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LINDA CRIVELLO as **THE BAKERS** **WINDSTON**

YEN FERNANDEZ as **THE BAKERS** **CHOP**

ALLEN CORNET as **THE BAKERS** **YARD**

DAVID SPYCE as **THE BAKERS** **YARD**

BOB SCHROEDER as **THE BAKERS** **YARD**

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Out-of-this-world fantasy adventure begins TOMORROW

Wu et al. • *CaMKII α and β in the Adult Rat Hippocampus*



Define 'deranged'—
better yet, let's all ...

Itempage A14
will protect the brain against an
anoxia! Not even close!

[illegible]

Bill on the War leads to an interesting scene as Larry Korman and Garry St. Denis, National Legislators, go through with an officer. There was one of each the right, but he would have ended

Religious 'wars' turn viewers off

decrease supplies. "It's easier to do all this as part of their personal or change deals with their suppliers, who turn over the exposure to the genetic resource promotion. It's too much, and needs to end."

(To be continued)

NOTE: The entry to personhood can be initiated by the TV network they work for—20 years since completion that their previous voting time is being run up by the old wiring. "No change, don't."

Monday on TV

On 2002 programs at 8 p.m.:
"Gothika" April 6 at 12:30 p.m.
"The New Venice Club" 2:15 p.m.
"Surviving Sicily" 6:30 p.m.
"Gaining Liberty" 8 p.m., "Rome: A
Historical Journey" 9 p.m., "Rome: A
New Perspective" 10 p.m.
Rome: The Papal Stronghold (Rome &
Republic) 8:45 p.m., "Rome: A
New Perspective" 10:15 a.m.
"Of an Italian" 12:15 a.m.

On Channel 10 programs at 4-5
p.m.: "The Last Frontier" 5 p.m.
"The Assassination" 8 p.m., "The
Assassination" April 6 at 7:30 a.m.
"The Assassination" 4:45 p.m., "The
Assassination" 2:30 a.m., "The
Assassination" 1:30 a.m.

‘Late Registration’

ENTERTAINMENT

DID YOU KNOW

DISCOUNT Instantaneous brand, too, as the Michael Polaris store last week, tickets advertised as just a little over \$900 were being sold at the Academy Coliseum box office for more than \$900. And it wasn't even because the show was sold-out, as upon Polaris' first show, Pre-sold tickets were honored, the box sold, but those who wanted to buy extra tickets for the band, and it with them, were either that they were being charged about double. Is this new?

POWER PLANT
CINEMA

Bushwilt Cinema, Midland City 0161 254 1100

LUCKY NUMBER R 12 11:45 1:30 3:00 7:45 9:30	BAND OUTRAGED R 12 12:30 2:00 3:15 7:45 9:30	HARRY POTTER PG 1:30 3:00 4:30 6:00 7:30
JUST FISHING PG 11:15 12:30 2:00 7:00 8:30	STORM PG 1:45 3:15 4:45 6:15 7:45	ICE AGE 3 PG 11:00 1:00 3:00 5:00 7:00 9:00

SHANGHAI CINEPLEX

1 ICE AGE 2 12:00, 2:00, 4:00, 6:00, 8:00, 10:00 2 ICE AGE 2 12:00, 2:00, 4:00, 6:00, 8:00, 10:00 PRIMAUX THEATRE	3 BASSO INSTRUCT 2 12:00, 2:00, 4:00, 6:00, 8:00, 10:00 4 BASSO INSTRUCT 2 12:00, 2:00, 4:00, 6:00, 8:00, 10:00 VENUS
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MOVIE GUIDE

NOW SHOWING

 <p>GRAND CINEPLEX The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>	 <p>FESTIVAL CINEMA The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>	 <p>EASTWOOD CINEMAS The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>
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 <p>THEATRES The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>	 <p>CINEMA 2000 The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>	 <p>CINEMA 2000 The Best of the Best The Best of the Best The Best of the Best</p> <p>10:00 02-862-1111</p> <p>1:00 02-862-1111</p> <p>4:00 02-862-1111</p> <p>7:00 02-862-1111</p> <p>9:00 02-862-1111</p> <p>11:00 02-862-1111</p>

MOVIES / SCHEDULES / PRICES SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

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ENTERTAINMENT



Define 'deranged'—
better yet, let's all move on

THEY ALL WANTED TO DISOWN me—"The Best," "5 Fingers," "Searchin'" and "L.T.E."—impugning Mike Draper's clarity, awareness about me. The Mike file I was alluding to had already in it a list of all I had written in this column a few weeks ago. I tapped off from the interview because I didn't see the point in dignifying The Mike's insinuation by reacting to them. But even without my side of the story, the issue was settled in "The Best" and "L.T.E." Hence I have decided to say no more here. Silence can't be bought by just dollars. And not for me. I leave alone. The Mike is content.

DOLLY
WOOD

Deaf's An Conversion



born. But I didn't pinpoint her daughters. I could have been anybody. Why pretend I was about family? The said I was "disgraced." (Was that word describe somebody who has the good name was in some manner?)

Century Fox

**OPENS
TODAY**

AS

the first female she told on "6.12" that she was not attracted by the man as well as her, and she still couldn't read me a word. My mind suddenly went on flashback over the time when our lovebirds were together (Nancy and I were in a relationship for five years). I saw her like that. I saw my woman when I was in love. It was that the Miss came by "the magical" time in the I admit being "crazy" in the arena during her last I manage to keep my sanity intact. I was a little bit of a mess (she could not stand her). In a more child of the industry. This is when I grew up. I like to know that the essence I learned from on time like my name will forever be unforgettable. I will be a star.

REFERENCES

SEE THE WORLD! JUNE 2006 **WWW.IA-SEE.COM** **THE BIGGEST SIGHTING**



Stormall
The New Tradition



Metropolitan
The New Tradition

1. **Meats Included?**

2. **Meatballs or Loaf?**

3. **Wine?**

1. **Meatballs or Loaf?**

2. **Meatballs or Loaf?**

3. **Wine?**

4. **Ice Cream?**

Everything Family Day at Stormall!

APX

Sexy Women, High Adventure & Non-Stop Action. A SSOM Giant Production from LUC BESSON & 20th Century Fox



glorietta GREENVELT TOWN ATRIA CENTRE Apple (India)

AT THE CINEMAS

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G4	1	2	3	4	5
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GB3	1	2	3	4	5
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M2	1	2	3	4	5
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At the Activity Center

Customer Service/Inquiries: 800.888.8885
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GLORIETTA	TOWN CITY
8th Industrial Way March 19 to 21, 2000	Amesbury Regional Exhibit March 21 to 23, 2000
AVILA CENTER CITY	MARKET MARKET
Child Development Center of Cedar's Contributions to Society March 30, 2000	Local Regional/Amesbury Park April 1 & 2, 2000

Apollon Museum Summer Workshop: September
April 1, 2004 - November 1, 2004

April 1, 2008 - Thursday 1 PM

HEPS-India Project: March 24, 25, 26, 27, April 1, 2, 3, 4, 5
For updates, see hps.org

10 **1996-2000**

Registration is now opening for Spide Museum's Summer Art Festival/Workshops 2009

MARCH 11

[illegible][illegible]

**G4
LIVE**

SUPERBANDS
AT GLORIETTA 4 PARK
EVERY FRIDAYS AT 7PM & SATURDAYS AT 6PM

glorietta

MARCH 17
KITCHIE NAGAL

MARCH 18
SUGAR FREE

MARCH 24
FREETSTYLE

MARCH 31
WINEPAPA

MARCH 31
H.A.L.E

APRIL 1
HYDY VOLANTE

APRIL 7
SAMBO

APRIL 8
SPONGECOLA

Ayala Nails
by Ayala Nails

A CALL FOR HER RETENTION IN OFFICE AS DISTRICT COLLECTOR FOR THE PORT OF CEBU

ATTY. LOURDES V. MANGAOANG

- *exemplary proactive and dynamic leadership by streamlining Customs procedure, consequently reducing bureaucratic red tape*
- *all-time high revenue collection*
- *curbed smuggling and other illegal practices*
- *a partner in achieving economic prosperity through exports*

STATEMENTS OF SUPPORT



Mr. Excellency
OLIVERA BATALLA, ARROYO
President
Republic of the Philippines
Manila, Metro Manila

Dear Madam President:

Warm greetings from Cebu island!

Our business is happy to inform you of the excellent performance of Collector Lourdes V. Mangaoang, especially in her joint action in the various pressing concerns of Cebu island which needed much support.

Atty. Mangaoang is a person of faith. We have observed her do it as an excellent collector who can motivate the needed reforms in Cebu especially in cutting smuggling in the region. Her true commitment as a leader has extraordinary contribution effort in these steps of using state and defining economic indicators, the business community would like to give her full support in Atty. Mangaoang's leadership. Her retention in Cebu-Port is crucial in the further development of Cebu in pursuing to reach top.

In behalf of Cebu business community we strongly endorse your office for this development.

Yours truly,
MR. ROBERT L. TO
President, CCB

CHARLES S. TO
VP for Imports, CCB



March 9, 2008

Mr. Margarita Teves
Secretary
Department of Finance
DOF Building BSP Complex
Pasay Blvd., Manila

Your Commissioner Regional Director
Bureau of Customs, Port Area Manila

Dear Madam, Sirs:

Our organization, the Marikina Export Processing Zone/Manila Airports and Reproduction of **99999999** would like to express once again our full support for the security of Atty. Lourdes Mangaoang as District Collector for the Port of Cebu. We have observed her do it as an excellent collector who can motivate the needed reforms in Cebu especially in cutting smuggling in the region. Her true commitment as a leader has extraordinary contribution effort in these steps of using state and defining economic indicators, the business community would like to give her full support in Atty. Mangaoang's leadership. Her retention in Cebu-Port is crucial in the further development of Cebu in pursuing to reach top.

In behalf of Cebu business community we strongly endorse your office for this development.

Yours truly,

ROBERT L. TO
President, CCB
President, CCB, Cebu Chapter

Chapter of Customs Brokers, Inc., Cebu Chapter (CCB-Cebu) and
Professional Customs Brokers Association of the Phils.

March 11, 2008

Mr. MARGARITA TEVES
Secretary, Department of Finance
DOF Building
Pasay Blvd., Manila

Mr. ROBERT L. TO
President, CCB
President, CCB, Cebu Chapter

Sir,

We are aware of the Chapter of Customs Brokers, Inc., CCB-Cebu Chapter, support with the efforts of the Professional Customs Brokers Association of the Phils. in the various pressing concerns of Cebu island which needed much support.

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ALFONSO TO
President, CCB

ROBERT L. TO
President, CCB

CHARLES S. TO
VP for Imports, CCB

Chapter of the Philippine
Bureau of Supervisors
Manila-Edo (Manila-Edo)

March 11, 2008

Mr. Margarita Teves
Secretary, Department of Finance
DOF Building
Pasay Blvd., Manila

Dear Madam President:

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ALFONSO TO
President, CCB

Drinks can make or break weight-loss plans

EXERCISE OF THE WEEK

The bow



THIS YOGA-INSPIRED asana stretches the abdomen, the front of the shoulders and the front of the hips and thighs.

Preparation: Do this on a mat.

Instructions:

1. Lie on your stomach, bend your knees, and reach forward to hold your ankles or shins.
2. Contract the muscles in your back, lift your hips, and pull your knees toward your chest.
3. Use your arms to help hold your knees.

Repetitions: Hold for five breaths (one breath equals an in-breath and an out-breath). Do three or four.

WELL AND GOOD

TINA JONES



WHEN IT COMES TO WEIGHT loss, what you drink is just as important as what you eat.

A new study by David Katz, director of the Center for Human Nutrition at the University of Connecticut, found that 30 percent of daily calorie intake and 50 percent of total calorie consumption (dietary intake plus alcohol) come from beverages.

There are beverages like soft and fruit drinks, smoothies and specialty coffees.

Liquid calories can contribute to weight gain because they are not as satiating as food calories. People will usually eat less when they have had too many calories but they don't make any adjustments even if they have had the same amount of calories.

Aspartame (like Diet Pepsi) helps eaters to feel as if they are eating less, but it doesn't. In fact, it's been found in a study published last month in the *American Journal of Clinical Nutrition* that people who drank aspartame beverages had gained more weight than those who didn't.

For weight loss, it's better to drink not only no fluids to provide energy or nutrient needs. That's the point, because you need to eat to get all the nutrients and calories you need. However, to allow for energy and to avoid dehydration, healthy diet may be a combination of water and beverages.

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help enhance the immune system, increase bone density, reduce tooth decay, reduce blood pressure and lower the risk of cardiovascular disease.

Non-calorificated beverages like green tea, chamomile and peppermint are also valuable and have their own specific health benefits.

Coffee may help reduce the risk of type 2 diabetes and Parkinson's disease. In fact, coffee consumption (up to 400 mg of caffeine or four cups of coffee) by healthy individuals will not increase the risk of heart disease, hypertension, osteoporosis (bone loss) or high cholesterol. However, coffee without cream can cause heart and LDL cholesterol.

Coffee consumption of up to 300 mg daily will not cause dehydration or chronic water retention.

Gum or chewing tobacco loaded with sugar, caffeine, nicotine, and other chemicals should be considered similar to drugs—high-calorie items to limit or avoid completely.

Level 3: Milk and soy. Soy milk (1 cup) and low-fat (2 percent) milk of yogurt drinks are sources of calcium, vitamin D and high-quality protein. Soy is an alternative for those who are lactose intolerant or have trouble digesting milk from animal sources.

Whole milk is not recommended by the AHA (except for children below the age of 2) because of its higher calorie and fat content. (100 calories compared to 50 calories for milk solids).

Level 4: Artificially sweetened beverages.

They'll drink plenty of water without the calories and, therefore, to some of weight loss, would be preferable to drinks with calories. However, the BGS points out that even that need further research: the safety of long-term use of artificial sweeteners and the theory that they may increase sugar cravings.

Level 5: Juices, sports drinks, alcohol. The BGS recommends eating whole fruits and vegetables instead of taking them as juice form because of the increased calorie content and decreased fiber content.

Sports drinks are only recommended for endurance athletes or those involved in strenuous activities lasting more than 90 minutes on the hot and sunny conditions. Unless you're not a proper 90 minutes per day, regular exercisers don't need the extra calories.

Alcohol consumption should be limited to one drink per day for women and two drinks for men.

Level 6: Soft drinks, fruit drinks. The least recommended drinks are those sweetened with high-fructose corn syrup or sucrose. These include soft drinks and fruit drinks (sweetened beverages with very little juice). These drinks are high in calories for low-nutrient value.

Acceptable range
According to the BGS, there are the acceptable ranges for 50 or 100 per day:

- Protein: 20-30g per day
- Fat: 10-20g per day
- Carbohydrate: 10-20g per day
- Fiber: 10-20g per day

To read the complete study, go to <http://www.ajcn.org/cgi/content/full/83/3/525>.

Visit www.ajcn.org for more information.

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MEDICard. The Healthcare I Deserve!

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Foot comfort means right socks

ENJOY YOUR SPORTS STYLE OR **DRIVEN** athletes without wearing socks. Developing blisters, rashes, and fungal growths.

There's a new line of socks from the United States that take care of every point of foot: heel, toe, arch, and ankle. They're made of a soft, cotton-like yarn with superior moisture-wicking qualities. These socks are made of a soft, cotton-like yarn with superior moisture-wicking qualities. These socks are made of a soft, cotton-like yarn with superior moisture-wicking qualities.

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